

Northeast Indian Cuisine

North Indian cuisine is the most unique of all North Indian cuisines. Rice is their staple, along with pork and beef as meat options, also chicken, mutton, mutton, and fish. There are many restaurants and food stalls selling freshly steamed momos. Momos are easy to find, cheap and healthy to eat.

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Non-vegetarian dishes to look out for are Assam Kumurat Diya Hanhor Mangxo (duck curry), Fish Tenga, Sanpiau (rice porridge served with spicy fish sauce), Vawksa Rep (smoked and spiced pork), Smoked Pork, Bamboo Steamed Fish and many more more.

Some vegetarian dishes that cannot be missed include gyathuk (noodle soup), zan (porridge with vegetables or meat), kol dil (banana blossom dish) and aloo tamaa (potato and bamboo dish).

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Bengali cuisine

Bengalis love fish so much that they eat it almost every day and even make it part of their wedding rituals. It is not surprising as there are many freshwater lakes and rivers in West Bengal and also in the Bay of Bengal. Of course there are also vegetarians with their dishes. Their food has a distinctive flavour due to the liberal use of mustard in most of their dishes. One must try dishes in Bengal to experiment with North Indian cuisine, it is nothing but many types of fish cooked in a variety of curries. There are also vegetarian options based on potatoes.

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For dessert, don't forget the rasgulla, eaten all over India. They are small balls of Indian cottage cheese and semolina dough cooked in a sugar syrup. Mishti doi and patishapta are other popular desserts.

Must try Bengali cuisine restaurants:

Peter Cat - One of the best restaurants to enjoy sumptuous Bengali cuisine and try Chelo Kebab while you are here.

6 Ballygunge Place – Try the shrimp chop and ilish bhapa here.

Lokaahar - Enjoy Bengali cuisine in this simple restaurant and feel at home.

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